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U.S. Bureau of Home Economics

Potatoes

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MEALS

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U. S. Department of Agriculture

A GOOD NEIGHBOR

Potatoes are a good-neighbor food.

Starting from their native soil in the Americas to the south of us, potatoes have traveled far, picking up nicknames as they went. Spuds . . . murphies . . . taters . . . by whatever name you call them, like true good neighbors, you can count on them through thick and thin.

● Potatoes prevented sailors from dying of scurvy, back in the days of long voyages on sailing ships, and helped pave the way to discovery of vitamin C.

● Failure of the potato crop once caused famine in Ireland.

● With potato flowers pinned to his coat, a French king made potatoes fashionable, so the story goes, and soon all his people were eating these "apples of the earth."

"Spuds" Up to Date

Wherever the potato—sweet or white—grows today it is the outstanding breakfast, dinner, supper vegetable. There are more food values under its brown jacket than we once dreamed of.

Vitamin C . . . vitamin B₁ (thiamine) . . . iron . . . protein . . . starch—so reads the list of food values present in all potatoes. Sweetpotatoes score on two more counts. They are a good source of carotene, which the body can change into vitamin A. And they have some sugar.

Get the Good From Potatoes

► To get the most from your potatoes cook them in their jackets.

► When you must peel . . . keep peelings thin. Prized minerals lie close beneath the surface.

► Peel potatoes just before you cook them . . . don't let them soak, or you lose minerals and vitamins.

► Store white potatoes in a cool, dark, airy place where they won't freeze.

► Store sweetpotatoes in a dry place where they will not chill.

Recipes given in this leaflet serve six persons.

SWEETPOTATO SPECIALS

Candied

Boil medium-sized sweetpotatoes in their skins. When they are tender, drain, peel, and cut them in halves or slices. Make a layer of the sweetpotatoes over the bottom of a greased baking pan. Dot with fat, sprinkle with salt. Pour over them a cup of corn sirup, or honey if you have it on hand. Bake in a moderate oven.

Or . . . to save heating up the oven especially for the sweetpotatoes . . . cook them on top the stove. Be sure to keep the heat low and watch to see that the sirup does not scorch.

Sweetpotato and Apple Scallop

3 medium-sized sweet-
potatoes
3 medium-sized apples
 $\frac{1}{2}$ teaspoon salt

1 or 2 tablespoons sugar
2 tablespoons fat
 $\frac{1}{2}$ cup water

Boil the sweetpotatoes until they are partly tender. Take off the skins. Slice the potatoes and the raw apples in layers in a greased baking pan. Sprinkle on a bit of salt and a bit of sugar and add a dot or two of fat to each layer. Pour in the water. Bake covered for 15 or 20 minutes. Remove the cover and bake until the apples are tender and the top layer is brown.

Sweetpotato Pudding

2 tablespoons fat
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup corn sirup or cane
sugar sirup

$\frac{1}{2}$ orange, juice and rind
2 cups mashed sweet-
potatoes
1 or 2 eggs
 $\frac{1}{2}$ cup milk

Add fat, salt, sirup, orange juice, and grated rind to the hot mashed sweetpotatoes. Add the beaten egg yolks and the milk. Beat well. Fold in stiffly beaten egg whites. Pour into a greased baking dish and bake slowly, about 30 minutes, until the pudding sets.

Sweetpotato Pie

Use the recipe for pudding given above. Pour the filling into a pastry-lined piepan. Bake in a medium-hot oven about 30 minutes . . . or until the filling sets and the crust is done.

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WHITE POTATO SPECIALS

Potato Hot Pot

1 quart sliced, raw potatoes	3 cups tomatoes
1 onion, sliced	2 teaspoons salt
4 tablespoons fat	Pepper

Cook the potatoes and onion in the fat for 10 minutes. Add the tomatoes, salt, and pepper. Cover and simmer for 30 minutes, or until the potatoes are tender and the tomato juice is thickened by the starchy potatoes.

Potato Pancakes

2 cups grated raw potatoes	Salt
$\frac{1}{4}$ cup milk	Pepper
1 egg	1 tablespoon chopped onion
2 tablespoons flour	

Put the grated potatoes immediately in the milk to help keep them from turning dark. Drain the milk from the potatoes. Add the well-beaten egg to the potatoes . . . then the flour, and just enough of the milk that was drained off to make a stiff batter. Season with salt, pepper, and chopped onion. Drop by large spoonfuls into a well-greased frying pan. Cook the pancakes until well-browned and crisp. Serve at once.

Quick Potato Soup

2 cups raw potatoes	1 quart milk
2 tablespoons fat	$1\frac{1}{2}$ teaspoons salt
1 tablespoon chopped onion	Pepper

Chop potatoes fine . . . or grate them. Add potatoes, fat, and onion to the milk. Cook the mixture over low heat until the potatoes are tender. By that time the starch from the potatoes will have thickened the milk slightly. Add salt and pepper.

Potato Chowder

$\frac{1}{4}$ cup diced salt pork	2 cups grated carrots
1 onion, chopped	or
2 cups diced raw potatoes	2 cups cooked corn
2 cups water	or
2 tablespoons flour	2 cups cooked fish
4 cups milk	Salt and pepper

Fry the salt pork until crisp. Cook the onion in the fat until clear and yellow. Add the potatoes and water. Cook until the potatoes are tender. Mix the flour with a little cold milk and add with the rest of the milk to the potato mixture. Cook and stir until slightly thickened. Add carrots, corn, or fish. Season, heat, and serve.

IN JACKETS AT THE START

Cook potatoes and sweetpotatoes with their jackets on . . . for good eating and the most in food value.

The Perfect Baked Potato

Wash and dry potatoes of as nearly the same size as possible. Put into a medium-hot oven and bake until tender . . . from 40 to 60 minutes.

If you want the skin to be soft . . . rub a little fat on the potato before you put it in the oven.

Save fuel by baking potatoes at the same time you oven-cook other food. Cook with any baked dish except one that calls for a very slow or a very hot oven.

Cut crisscross gashes in the skin of the potato on one side. Then pinch the potato so that some of the soft inside part pops up through the broken skin. Drop in meat drippings, bits of crisp fried salt pork, butter, or other table fat.

Stuffed.—For an extra special, cut large baked potatoes in half. Scoop out the soft part. Mash, and season with fat, hot milk, and salt. Stuff back into the potato shells, brush the top with fat, and brown in the oven.

Plain Boiled

Scrub medium-sized potatoes. Drop them into a kettle of salted, boiling water—enough to cover the potatoes. Cook until tender . . . drain at once so they won't get waterlogged. Serve in jackets . . . or peel and season with salt and fat.

Mashed Potatoes

Boil potatoes well-done. If they have been boiled in their jackets, strip those off. Then mash the potatoes thoroughly and quickly. Beat in hot milk a little at a time . . . until the potatoes are fluffy and smooth. Season, and add fat if you like.

Potato Puff

To 3 cups mashed potato, add 2 beaten egg yolks, hot milk to moisten, 2 tablespoons melted fat, salt, and any other seasoning you like. Beat the mixture well. Then fold in the 2 egg whites, stiffly beaten. Pile this mixture lightly in a greased baking dish. Bake in a medium-hot oven about 30 minutes—or until the "puff" is puffy and brown.

FRIED—SCALLOPED—CREAMED

Here are three tried-and-true favorites every cook should know.

Fried, Country Style

Peel enough raw potatoes to make a quart when sliced thin or chopped fine. Put in a frying pan with 2 tablespoons of fat or meat drippings. Brown a little chopped-up onion in the fat, if you like.

Cover the frying pan closely. Cook the potatoes over medium heat for 10 to 15 minutes. When they are browned on the bottom, turn them with a knife to brown the other side.

Potato Scallop

6 medium-sized potatoes
2 tablespoons flour
1½ teaspoons salt

Pepper
4 tablespoons fat
1½ cups hot milk

Wash, peel, and slice the potatoes. Grease a shallow baking dish or pan. Put a layer of potatoes in the dish. Sprinkle the potatoes with flour, salt, and pepper. Dot with fat. Repeat until all the potatoes are in the dish. Pour in hot milk. Bake in a slow oven until the potatoes are brown on top and soft all through. Usually this takes about an hour. Add more milk if the potatoes get dry.

To be sure the milk doesn't curdle—use very fresh milk and keep oven heat low.

Creamed Potatoes

Peel and dice 6 medium-sized potatoes; boil until tender in water to cover. Make a white sauce by blending 3 tablespoons fat with 3 tablespoons flour, add 1 cup milk, 1½ teaspoons salt. Stir the sauce until it thickens. Add to the cooked potatoes and serve.

With cheese.—Grate a little cheese into the white sauce to give a different taste and added food value.

With bread crumbs.—Pour the creamed potatoes into a greased baking dish. Crumble up stale bread. Brown crumbs lightly in a little fat . . . then sprinkle these crumbs over the potatoes. A few small pieces of crisp salt pork may be put over the potatoes also for extra flavor. Bake in a moderate oven until the crumbs are light brown.

PLAN FOR LEFT-OVERS

Whether you plan your potato left-overs . . . or whether they just happen . . . cold potatoes have what it takes to start many a good dish.

Hash Browned

Slice or chop cooked potatoes into small pieces. Heat a very little fat in a frying pan . . . then add the potatoes seasoned with salt and pepper. For a crisp crust . . . add about a quarter of a cup of water for 4 cups diced potatoes. Cook over low heat without stirring until there is a golden brown crust on the bottom. Serve with one side folded over the other like an omelet.

Potato Hash

Melt 3 tablespoons of fat in a frying pan. Put in 2 cups chopped, cooked potatoes, 2 cups chopped, cold meat, salt, and pepper. Moisten the mixture with $\frac{1}{2}$ cup hot water or gravy. Cover the pan. Cook slowly until the underside is rich brown.

Potato Cakes

Shape cold mashed potatoes into small cakes, roll in flour. Fry golden brown in a little fat.

To vary the cakes, mix in with the mashed potato chopped, cooked meat or fish—or grated cheese.

Potato Crust

Use left-over mashed potatoes to line the sides of a baking dish for a meat pie. Fill the center with well-seasoned stew of vegetables and left-over bits of meat or fish. Cover the top with mashed potatoes. Bake in a hot oven until the pie is hot through and browned lightly on top. If you have just a little left-over potato . . . make only the upper crust.

Potato Salad

Hot.—Fry $\frac{3}{4}$ cup diced salt pork crisp. Add $\frac{1}{4}$ cup vinegar and $\frac{1}{4}$ cup water, then 1 quart of cooked and cubed potatoes seasoned to taste with salt and pepper, and an onion, chopped. Heat well and serve.

Cold.—Slice or dice cold, cooked potatoes. Season with salt, chopped-up onion, and salad dressing. Sliced, hard-cooked eggs are also good with potatoes in salad.

MORE POTATOES TO MORE FAMILIES

POTATOES make an important contribution to a nutritious diet. While they are produced widely by farmers throughout the country, many American families cannot afford to buy all the potatoes they need and want. To enable these families to use more of them and thereby to build a wider market for growers, the Agricultural Marketing Administration of the Department of Agriculture, when supplies have been large, has included potatoes on the list of foods obtainable with free blue stamps under the Food Stamp Program. Potatoes also have been bought by the AMA from time to time for direct distribution by State welfare agencies to families receiving public aid and for use in lunches for undernourished school children.

While the primary purpose of this leaflet is to assist in a more effective use of potatoes by low-income families, the information on preparing potatoes economically in a variety of ways will be useful to any consumer.

Prepared by

BUREAU OF HOME ECONOMICS

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